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UCSF Newsbreak

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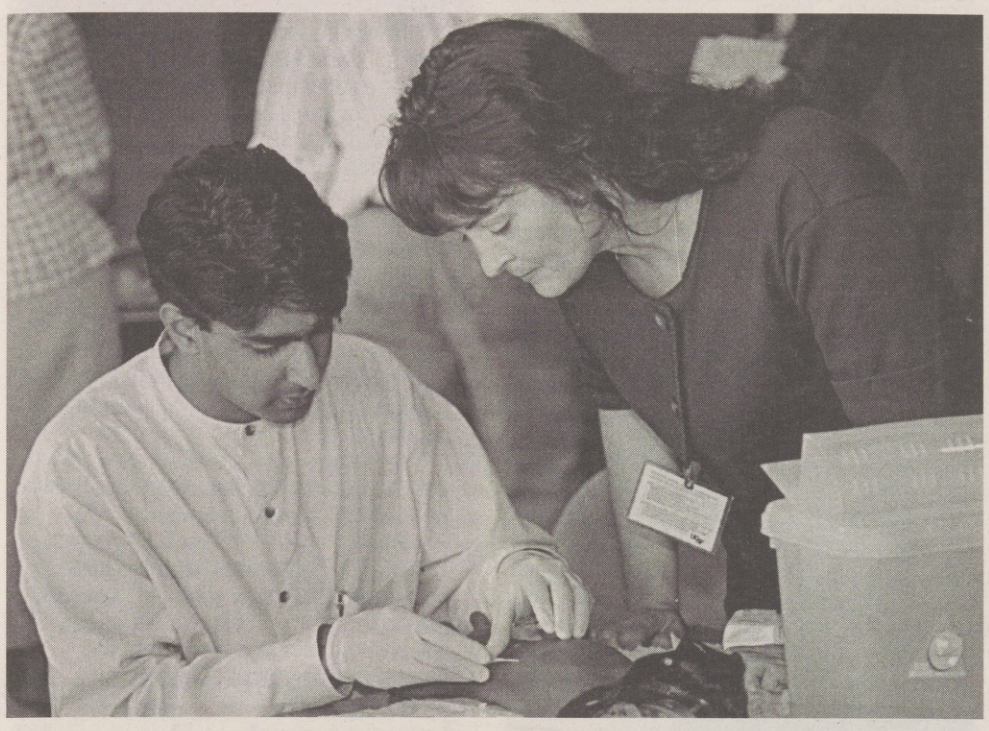


Lisa Cisneros

Samanta makes a safe start

Bobby Samanta, a second-year resident, learns from Emergency Room nurse Nancy West how to insert a safety IV cathether during the residents' skills lab held recently on Parnassus. Samanta is one of 250 new residents and fellows who learned proper techniques in phlebotomy, gowning and gloving for surgery and procedures to prevent TB infection. Health care staff from UCSF, Mount Zion, SFGH and the VAMC particpated in the training of new housestaff in safe practices to avoid blood and other hazardous exposures.

UC Regents take first formal merger step

By LISA CISNEROS

In the first formal step in a process that would merge the clinical activities of UCSF and Stanford University, the UC Board of Regents last Friday voted 14-4 to approve the composition of a board of directors for a nonprofit public benefit corporation.

"We are very pleased with the Regents' action today," said UCSF Chancellor Joseph B. Martin. "We are convinced that a merger between the UCSF and Stanford medical centers will ensure that the people of northern California continue to benefit from the advances in health care that each of us provides."

On Thursday, dozens of speakers spoke intensely for and against the merger plan at a meeting of the Regents' health committee. That meeting was interrupted for 15 minutes when about 25 protesters in the audience began chanting, "No justice, no peace," largely in response to the Regents decision last summer to dismantle affirmative action programs.

Several UCSF faculty and staff members voiced support for the merger, including William Wara, chair of the Academic Senate, who sees the merger as a way to strengthen the combined institution's ability to provide access to top-rated health care. Saying the majority of faculty and staff support the merger, Wara urged Regents to maintain momentum for the merger. Added Peter Carroll, chair of urology, "While I am concerned about the damage UCSF will incur if it fails to act, I am drawn to this merger because of the great opportunities it affords to all."

While resolution of the governance question was viewed as the pivotal issue necessary for the merger discussions to move forward, many issues remain to be resolved before Regents are expected to take the next action. Chief among them is a financial and strategic review by a third party team to determine if the business plan prepared in cooperation with UCSF, Stanford and the firm Ernst & Young is in the best interests of the University of California. Results from that analysis are expected to be available for the September Regents meeting.

(See **MERGER** *on page 7)*

State budget gives UC $130 million more over last year

Gov. Pete Wilson signed a 1996-97 state budget recently that gives UC faculty and staff raises and keeps undergraduate student fees stable for the third year in a row.

UC will receive $2.06 billion in state general funds in 1996-97, an increase of $130 million or 6.7 percent over last year. While this marks the largest increase in state funding for UC in the 1990s, it is still less state funding than the system received in 1989-90. The state funds, combined with student fee revenues, will provide for about a 5 percent increase in overall university spending in 1996-97. UCSF will receive about $145 million in state funds allocated to the UC system, according to Bob Obana, assistant vice chancellor of UCSF Budget & Financial Analysis.

With the funding provided by the governor and the legislature, students will continue to get the classes they need to graduate in a timely fashion and UC will continue to admit at the undergraduate level all eligible California

(See **BUDGET** *on page 6)*

Teen pregnancies down, study shows

By GAIL GORDON

Sexual activity among American adolescents has increased over the past two decades, but the teen pregnancy rate is declining due to contraceptive education and use, say researchers at the UCSF Institute for Health Policy Studies.

Researchers say if access to reproductive services and contraceptive methods is assured, adolescents are capable of preventing unintended pregnancies. Given the high personal and social costs associated with adolescent pregnancy, non-coercive access to reproductive health services continues to be needed to reach adolescents across all socioeconomic groups, according to James G. Kahn, assistant professor of epidemiology and biostatistics, Claire Brindis, associate professor of pediatrics, division of adolescent medicine, and Dana Glei, research associate.

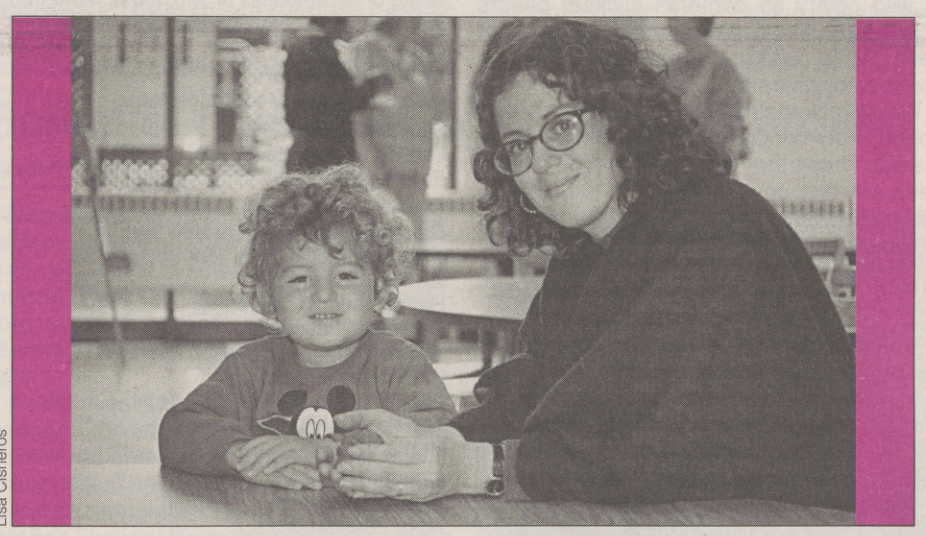
Using data on sexual and contraceptive practices from a 1988 national survey and studies of contraceptive effectiveness, the researchers calculated that between 179,000 and 202,000 pregnancies are averted each year in California among 15- to 19-year-olds due to the use of contraception. Nationwide, 1.7 million unplanned pregnancies are averted among teens.

While 13 percent of adolescents do not attempt to reduce their risk of pregnancy at any time, the majority of adolescents — 87 percent -— use contraceptives to protect themselves. A number of factors appear to interfere with their consistent use of contraception methods, including the failure rate inherent in the effectiveness of a method itself, as well as access to reproductive health services, consistency of use and poverty status.

Social norm changes and a greater focus on sexual relations in the media contribute to the increase in sexual activity among adolescents and the initiation of their sexual debut at an early age. "The liberalization of messages in the media has not been countered by an increased level of communication around responsibility and what it means to be sexually active in our society," Brindis says. "We have a puritanical, ambivalent perception that, 'Well, we can't teach kids about contraceptives because if we teach them about contraceptives then they'll go out and be sexually active."

To the contrary, however, previous studies

(See **SEX** *on page 7)*



Lisa Cisneros

Mission Center opens child care center

Attending the July 16 open house and ribbon cutting ceremony at the Child Development Center at the Mission Center building are mother and son, Claudia and Yaul Perez-Stable. Yaul's father, Eliseo, is an associate professor of medicine at UCSF. The child care center opened last month and is still accepting applications for children of UCSF and SFGH employees as well for those in the community. For more information about the center, call 502-7696.

Fill out diversity survey by July 31

Faculty and staff who received a survey asking for opinions, attitudes and ideas on diversity and affirmative action at UCSF have until Wednesday to return them to the Affirmative Action Office.

Listed below are answers in response to questions raised about the process of the survey, sponsored by the Chancellor's Steering Committee on Diversity:

Q: What if respondents disagree with diversity programs and affirmative action? A: The purpose of the survey is to ascertain the range of views of the campus on diversity. It is therefore important that respondents register their honest opinion and attitudes. Results will be used as baseline information for the Committee's work.

Q: Are the surveys confidential? A: Yes. In short, the process ensures that the completed surveys are not linked to individual names. The survey database was generated by Human Resources, and given to a Berkeley campus survey center which drew the sample of employees to be polled. The list was then sent to Campus Auxiliary Services to have labels generated. The surveys will be returned directly to the Affirmative Action Office, which will forward them (unopened) directly to the Institute for Health & Aging. IHA will process the survey data, analyze the results and prepare the report.

Q: What are the numbers on the surveys about? A. These are control numbers used to identify the race, ethnicity, and organizational groups of survey recipients. They are not used to identify names of individuals.

Q: Why were the surveys mailed to employees' homes? A: The Committee debated the pros and cons of mailing to employees' home addresses. Given the current mailing distribution system, if mailed to campus addresses, some large groups of employees may not receive them directly (e.g. Medical Center). It is absolutely critical to have a good return on the mailing. Given the importance of this issue on our campus, and the fact that employee addresses are being used for other University information, the Committee determined this approach was the best way to obtain a valid sample of campus opinions.

Additional questions can be directed to Michael Adams at 476-4753, Stella Hsu at 476-5997, or Dan Lowenstein at 476-2645.

UC gets $1 million to promote understanding

The William and Flora Hewlett Foundation has awarded the UC $1 million in grants to assist the University in promoting racial and cultural understanding on its campuses.

The grants, awarded to each of UC's nine campuses under the foundation's Pluralism and Unity Program, will fund on-campus courses and community service projects aimed at fostering better relations and understanding of different ethnic and cultural groups in the 163,000-student system.

UCSF will receive $90,000 for a program that will train a select group of students, faculty and staff in diversity issues. This group will become change agents for the advancement of those ideals. Student mentoring programs and an Internet Student Forum on diversity, healthcare and education will be created. Also, teaching of culturally competent healthcare will be improved and a project will be launched to archive and publicize events in UCSF's history that led to advancements in diversity.

Gazette

A UCSF Olympic story

Hot on the heels of Hercules

By JEFF MILLER

Running barefoot in a tunic may seem an eccentric way to spend a holiday, but the chance to relive a special moment in ancient Greek history was an irresistible opportunity. So along with more than 600 other runners and history buffs from around the world, aged 12 to 91, I eagerly joined in the recent revival of the first Nemean Games in almost 2,000 years.

As one of the four sites of the ancient Panhellenic Games that inspired the modern Olympics, Nemea — located in the Peloponnese, about 20 miles south of Corinth — has been the center of a Berkeley archaeological dig for the past 20 years. The dig uncovered the original 2,300-year-old stadium, a vaulted connecting tunnel, the original starting "platform" for races, a "locker" room and a temple complex where the games were consecrated in the name of Zeus. To celebrate the completion of the dig, and to perhaps reignite the competitive flames of ancient Hellas, local dignitaries and chief archaeologist Stephen Miller decided to invite the people of the world, and not corporate sponsors, to a re-staging of the original games. I accepted the invitation.

Tucked in a lush valley made famous by Hercules (he strangled the invincible Nemean lion nearby) Nemea is now a tiny agricultural community known more for its wine and olives than its athletic lore. But on June 1, it welcomed the biggest crowd of athletes and would-be athletes it had seen in two millennia. The big mystery of the day was if anyone — man or woman — would opt for total authenticity and run naked as their ancient counterparts had done. As it turned out, no one dared, perhaps because the several thousand spectators consisted mainly of Greek families, whom no one wanted to offend.

Instead we wore chitons, one-piece cotton tunics, and a cord belt. Judges, heralds, "priests," and other participants were in costume as well. One part of our bodies that did stay natural, however, was our feet. We ran barefoot, a strange feeling even for those who, like me, trained for weeks in parking lots and sand to toughen our soles for the yellow clay of Nemea. (UCSF employees may have seen me running barefoot at Kezar Stadium.) No amount of training could have prepared us for the uneven surface, which caused many to fall. The strange upright starting position, toes in stone grooves, arms outstretched, was another oddity. I blamed that for my poor start and a second-place finish in my 100 meter sprint, one of 40 such races that day for different age groups.

Late in the afternoon, more than 100 of us were bused six miles from Nemea to the ruined Temple of Hercules. There we pledged to go forth and be worthy of victory, with our running shoes on. As it turned out, the biggest challenge was just to finish. The 8 kilometer "Footsteps of Hercules" race was almost entirely uphill in blistering heat. I finished 30th or so, a satisfying accomplishment. But what I remember most are the people of Kleonai, a village near Nemea, who turned out to cheer us and throw flowers in our path. It wasn't a ticker-tape parade, but it will probably be as close as I ever come.

The closing ceremonies were a blend of ancient and modern, winners wearing crowns of wild celery as cameras clicked; priests dousing the flame on the makeshift altar of Zeus, while participants clamored for their commemorative pins.

Will the Nemean Games, so long abandoned, now continue? No one is willing to predict. I hope they do. For what could have been silly and comic turned out to be ennobling. And that is a rare feeling I hope others can someday share.

The Clift joins in battle of AIDS, cancer

The Clift Hotel has donated $5 from every adult Sunday brunch to UCSF's AIDS and cancer research program headed by Jay A. Levy, professor of medicine at UCSF. Pictured above, left to right, are Chef Mercer Mohr, Levy, and Micarl T. Hill, general manager of The Clift. The benefit brunch is expected to contribute substantial funds for research into these major diseases this year.

Honors & Awards

Jay A. Levy, medicine & Cancer Research Institute: Honorary doctorate of science, Wesleyan University.

Harvey A. Brody, stomatology: Received a commendation from the United States Senate "in recognition of his outstanding commitment and efforts in the area of health policy during the 104th Congress and for his continuing dedication to the field of dentistry;" named interim associate executive director, American Association of Dental Schools.

Neal Benowitz, medicine and pharmacology,SFGH: 1996 Ove Ferno Prize for Outstanding Contributions to Research on the Pharmacology of Nicotine, Collegium Internationale Neuro-Psychopharmacologicum.

Joseph B. Martin, chancellor and neurology: Honorary doctorate of science, University of Rochester.

Diaz, Justice win fellowships

Marco Diaz and James Justice, both third-year medical students, have each received a Fellowship in Academic Medicine from the National Medical Fellowship Inc.

The awards, sponsored by Bristol-Myers Squibb, are worth $6,000 and will support research the students will be conducting this summer.

Diaz will be working with Joseph Rapp, chief of vascular surgery at the VAMC, on a project designed to improve prediction of those at risk for stroke from carotid disease.

Justice is using his fellowship to continue research he began after his second year of medical school with John Roberts, assistant professor of surgery. His goal is to enhance the survivability of organ transplants.

Michele Firpo

Diaz, left, and Justice

Private Support

UCSF is pleased to acknowledge the following listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received June 1-30, 1996.

$1,000,000 or more
Howard Hughes Medical Institute

$500,000 - $999,999
The Henry J. Kaiser Family Foundation
Estate of Helen M. Schoeneman

$100,000 - $499,999
Carnegie Corporation of New York
The Edna McConnell Clark Foundation
Eli Lilly & Company
Haemonetics Corporation
Homeland Foundation
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Lucille P. Markey Charitable Trust
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Henry H. Wheeler Jr.

$25,000 - $99,999
Abbott Laboratories
Adler Foundation Inc.
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Elspeth G. Bobbs
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Genentech Foundation for Growth and Development
Genzyme Corporation
Mr. and Mrs. William B. Kerr
Microsoft Corporation
National Organization for Hearing Research
Pfizer Inc.
Respironics Inc.
Scientific Consulting Inc.
Scios Medical Systems Inc.
Siemens Medical Systems Inc.

Krevans Prize goes to SFGH interns

Eight UCSF interns at San Francisco General Hospital recently received the Julius R. Krevans Prize for Clinical Excellence for their outstanding work with patients.

This year's honorees were: Eva M. Aagaard, medicine; Steven Bromer, family and community medicine; Jacquelyn B. Chang, psychiatry; Clarissa Johnston, medicine; Electron Kebebew, surgery; Naomi E. Stotland, obstetrics and gynecology; Shannon Thyne, pediatrics; and Nina Weiss, family and community medicine.

The Krevans Prize was established in 1979 by the Gladstone Institute of Cardiovascular Disease.

Gomez is 1996 wellness lecturer

Francisco Ramos-Gomez, assistant professor of dentistry and director of pediatric dental services at the UCSF Family Dental Center at SFGH, has been chosen as one of six UC Distinguished Wellness Lecturers for 1996.

His lecture entitled, "Knowledge Among Dental Professionals of Child Abuse and Neglect: Recognition and Prevention," will be presented on Wednesday, Oct. 30. Please watch Newsbreak for details about this important lecture in the fall.

Ramos-Gomez recently conducted a survey that found surprisingly few California dentists were aware of child abuse or reported suspected abuse to authorities, as required by law. The study concluded that all dental practitioners should be trained in recognizing the signs and symptoms of abuse.

The lecture series is sponsored by the California Wellness Foundation and the UC Wellness Lectures Program. Ramos-Gomez was the only UCSF faculty member, and the first dental school faculty member, selected for the program. Wellness awardees will present lectures on their home campuses throughout October.

UCSF wins CASE fundraising award

UCSF is again a winner of the Council for Advancement and Support of Education's 1996 Circle of Excellence in Educational Fundraising awards program, which honors outstanding fundraising efforts across the country.

UCSF received its third such award at a July 8 reception held during CASE's 22nd Annual Assembly in San Francisco.

UCSF is among a highly selective group of colleges, universities, and independent schools named for exemplary performance based on the judges' analysis of data submitted to the Council for Aid to Education.

One of UCSF's most successful fundraising ventures was actually its first major campaign that ended in June 1996. That six-year campaign exceeded its goal of $530 million and garnered $542.2 million, an amount that represents unprecedented levels of giving from the private sector to finance endowments for people and programs, new facilities and equipment and future projects and programs.

UCSF Newsbreak

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Deadline for the next issue, which will cover August 24-September 13, 1996, will be on **Tuesday, August 13 , at 11 a.m.** Please send campus and Medical Center news to Lisa Cisneros, 476-3256 or lisa_cisneros@quickmail.ucsf.edu, and calendar and gazette items to Michele Firpo, 476-3257 or michele_firpo@quickmail.ucsf.edu, both at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If you need to view this communication in an alternate format, please contact Lisa Cisneros at 476-3256 with your suggestions.

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AIDS research funding available

HIV/AIDS research funds are available from the UCSF AIDS Clinical Research Center (ACRC) and UCSF Center for AIDS Research (CFAR). Preference is given to pilot studies. The deadline for the next funding cycle is Tuesday, Sept. 3, 1996.

Applicants can submit studies in basic science, epidemiology, behavioral science, as well as clinical trials. Predoctoral students interested in getting involved in AIDS research are also eligible to apply. For more information and applications please contact Layne Ethington by phone, 476-8857 or by e-mail, stom%layne@ccmail.ucsf.edu.

In other news, ACRC seeks faculty members who would like to be included in its database of peer reviewers for the pilot study program. Peer reviewers confidentially fill out a one-page form briefly addressing five categories about the merits of a proposed pilot research project (generally 10 to 15 pages in length) that is within their field of expertise. Each proposal is reviewed by several reviewers and is finally ranked for funding by the Dean's AIDS Advisory Committee. If you would like to participate, ACRC will send you a survey form that helps identify your field(s) of expertise. To receive the survey form or get more information about the pilot study program, please contact Ethington as noted above.

Federal funding for biomedical research dwindles

By REBECCA HIGBEE

Scientists are witnessing a reduction in federal funding for biomedical research, a trend that could have a significant impact on the cutting edge studies this nation has long conducted, says Edward O'Neil, executive director of the UCSF Center for the Health Professions.

While the National Institutes of Health budget continues to grow annually, recent increases have not outpaced the rate of inflation to the same extent that they did in earlier years. At the same time, more applicants are seeking research funds, while the available number of grants is shrinking, according to a report authored by Jennifer Ruzek, a researcher at the center.

In 1985, the NIH reviewed 20,406 applications for research grants. By 1994, that number grew to 25,510. At the same time, the number of research project grants decreased from 5,408 in 1986 to 4,821 in 1994. During the early 1980s, new grant applications had a 25 percent success rate, but that dropped to 20 percent by 1994.

According to the report, funded by the Pew Charitable Trusts, the biomedical research climate is changing dramatically due primarily to decreasing federal government support for research, reduced clinical revenue at academic medical centers which have long supported and conducted much of the nation's biomedical research and an oversupply of researchers.

The report cites a separate study that indicates 22 percent of new science and engineering doctorates may not be able to find employment in the near future. "As a result of these changes, the nation's newest researchers are faced with the daunting task of competing with seasoned investigators for a piece of the dwindling funding pool," O'Neil says.

In 1994, $32.9 billion went into biomedical research, with federal and state government providing $14.6 billion ($10.3 billion from NIH alone) and $17.1 billion from private sector funds, including pharmaceutical companies and charities. Another $500 million is provided by private foundations, with the Howard Hughes Medical Institute offering $258 million.

"Although private foundations provide only a small portion of the total funding available for biomedical research, they may be tempted to try to make up for federal shortfalls," O'Neil says. "This would be a short-sighted solution to the changing biomedical research landscape."

According to the report, key issues that need consideration include the role of federal investment in the development of the biotechnology industry, the size and content of graduate training in the biomedical sciences and the use of research grants to support investigators' salaries.

AIDS Roundup

UCSF researchers presented a gamut of results from various studies at the 11th International Conference on AIDS recently held in Vancouver, Canada. What follows is just a sampling of some of the startling findings.

Needle exchange programs could have prevented up to 9,666 HIV infections among injecting drug users, their sex partners and their children since 1987, says Peter Lurie, an AIDS researcher at the UCSF Center for AIDS Prevention Studies. If needle exchange programs (NEPs) were established now, an additional 11,300 HIV infections could be prevented by the year 2000, he says.

XI International Conference on AIDS

"The failure to implement needle exchange programs has also led to excess costs for treating HIV infection in the hundreds of millions of dollars," says Lurie, who calls for removal of the federal government ban on NEP funding and accelerating the growth of such programs in the US. "There are now six federal government-funded reports concluding that NEPs can prevent HIV transmission without increasing drug use," Lurie adds.

Many long-term partners of persons infected with HIV, who remain HIV-negative—despite practicing unsafe sex—exhibit distinctive immune-system responses that may help prevent infection, says Jay A. Levy, professor of medicine at UCSF. Responses observed in a majority of uninfected partners were similar to those seen in individuals who have remained healthy for 10 years or more after being infected with the AIDS virus.

Levy says the results indicate that effective immune-system responses can in some cases ward off HIV infection. He suggests that AIDS researchers looking for new ways to prevent HIV infection or to treat already established HIV infection should focus on strategies for manipulating the activity of the immune system. This approach has been largely neglected in favor of developing anti-viral drugs that attack HIV directly, according to Levy.

"I believe it will be possible to develop drugs that will bolster beneficial immune system responses to HIV exposure. Similarly, it should be possible to inhibit harmful immune-system reactions that contribute to the decline of the immune system in AIDS patients."

"The best treatment strategy for increasing long-term survival in HIV infection may be drugs that enhance anti-HIV immune-system responses, used in combination with anti-viral therapies," Levy says.

It has long been thought that patients who suffer **HIV-associated wasting** lose most of their weight in valuable lean tissue while preserving fat. But that idea is challenged in two new studies by a UCSF research team which found that HIV patients lose similar proportions of fat and lean tissue compared to healthy people with significant weight loss. "We found there was no difference in the composition of weight lost in HIV infection, as opposed to the composition of weight lost in an otherwise healthy person who is starving," reports Kathleen Mulligan, UCSF assistant professor of medicine at SFGH. "That is important because it goes against the grain of long-held assumptions."

Studies have shown that weight loss in HIV patients is correlated with survival, with patients dying when they reach about two-thirds of their ideal body mass, she says. Loss of lean body mass, which includes muscle and internal organs, may lead to death even sooner, she adds. For both men and women with HIV disease, she said it is clear that the focus should be on maintaining food intake to prevent weight loss.

Other UCSF AIDS study highlights are:

- After peer-led AIDS prevention counseling, junior high school students in Oakland were significantly less likely to engage in potentially risky vaginal intercourse and developed safer sexual attitudes than students who did not get counseling from their peers.
- Many teens want to talk to their parents about HIV infection and taking sexual risks but find it difficult to communicate on these sensitive topics. Good parent-child communication on topics such as sex and HIV could greatly enhance the value of prevention messages to youth.
- Latino men and women who have more conservative and traditional gender role beliefs are less likely to use condoms and must be specifically targeted by HIV prevention programs. Social and cultural influences must be evaluated and incorporated into prevention programs for the Latino community, the fastest growing minority in the US which has been disproportionately affected by AIDS.
- Prevention programs through social networks for young gay men that encourage and support the need for safer sex are successful in reducing HIV risk behavior.

Lisa Cisneros

UCSF team walks to conquer AIDS

About 600 walkers, including the family pictured above, were part of the UCSF team to raise money for AIDS organizations during the tenth annual AIDS Walk through Golden Gate Park on July 21. The walk garnered $3.4 million. See the next issue of Newsbreak for a story to include the total amount raised by the UCSF team.

Scientist finds new portal used in protein secretion

By JEFF NORRIS

Common brewer's yeast, a single-celled organism that mirrors the complexities of human cell biology in an easier-to-see way, has revealed to a UCSF researcher a long-mysterious biochemical pathway used by cells to secrete hormones and other important proteins.

Ann Cleves, a post-doctoral fellow with the Hormone Research Institute at UCSF, has discovered a new portal that permits proteins to exit cells. The finding begins to fill a gap in scientists' understanding of protein secretion that has lingered since the elucidation of the "classical" secretion pathway about three decades ago.

The discovery also suggests a new strategy for fighting cancer. Tumor cells gain access to the body's blood supply by making and secreting one or more growth-promoting hormones that normal, mature cells secrete in lesser amounts or not at all. If drugs could be created to block the cellular exits through which tumor-manufactured hormones escape and wreak havoc, cancer growth might be slowed, Cleves says.

Cleves, who works in consultation with Regis Kelly, chair of biochemistry at UCSF and director of the Hormone Research Institute, reported her findings and the implications of the research in the June issue of the Journal of Cell Biology.

"Communication between tissues is essential to the life of any organism, and protein secretion is a fundamental aspect of that communication." Cleves says. "Even tumors must communicate with other tissues in order to survive."

Each cell makes proteins that respond to or elicit responses from other cells in the body. Cells are equipped with standard parts and procedures for secreting these proteins. A key component is the secretory vesicle, a membranous sac that sequesters protein within the cell. The vesicle then moves to the cell surface where it fuses with the cell membrane and expels the protein. Secreted protein interacts with cells elsewhere in the body, carrying messages and triggering metabolic activities.

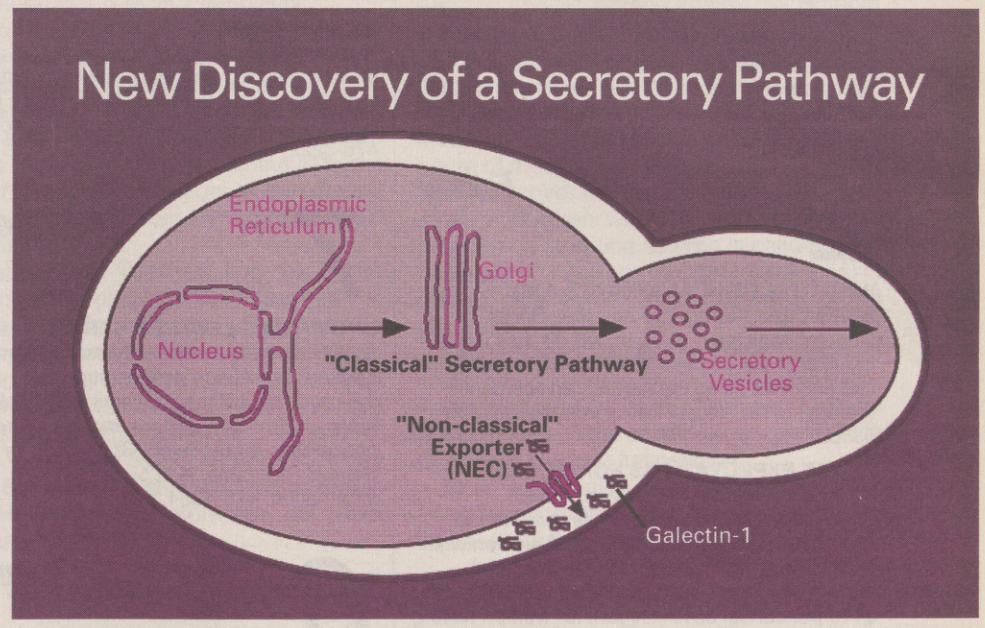
The discovery of this fundamental pathway whereby cells secrete proteins was recognized with the awarding of a Nobel Prize in 1974 to George Palade, now dean for scientific affairs at UC San Diego. However, since the time of Palade's prize-winning work, scientists have been aware that a variety of secreted proteins are not released via this "classical" pathway. Most of these are growth factors that serve as crucial signals guiding the development of a mature organism from an unstructured embryo. Some of these proteins, when inappropriately overproduced in adult organisms, can contribute to the growth of cancers.

Cleves devised a novel experimental strategy to search for protein molecules that might play a role in alternative secretory pathways. She first introduced into yeast cells the genes that direct the production of galectin 1, a mammalian protein that is not secreted via the classical pathway.

Cleves then singled out several yeast genes that seemed to be associated with secretion of galectin 1. By analyzing genetic differences in the yeast cells, Cleves was able to find a gene that encodes a protein that appears to serve as a galectin-exporting portal within the yeast cell membrane. Cleves calls the portal protein NCE2, for non-classical exporter. The ability to manipulate and study NCE and related exporters in cells, including cancer cells, could lead to new insights into cancer and normal development, she says.

Cleves now is using a similar approach to try and find portals that are present in human cells and other mammalian cells. With "libraries" containing all the genes from mouse cells as ammunition and a lab version of shotgun targeting, Cleves is introducing mammalian genes into yeast cells.

She is screening the yeast cultures to identify cells that have incorporated mammalian genes that might encode exporter proteins. Cleves is looking for exporter proteins that secrete a growth factor known to promote the growth of blood vessels in cancer.



Shown is a model of a yeast cell illustrating the difference between classical (vesicle-mediated) protein secretion and non-classical (exporter-mediated) protein secretion.

Today/Tomorrow

27 Saturday

WOMEN'S RESOURCE CENTER WORKSHOP: *Women's Health and Fitness.* Jaime Rich gives the most current information on important issues such as estrogen therapy, vitamins, osteoporosis, exercise and more. S 157. 10 a.m.-Noon. $20. Information: 476-5222.*

29 Monday

INSTITUTE OF HEALING ARTS AND SCIENCES WORKSHOP: *Natural Headache Relief Empowerment Workshop.* Jan Mundo teaches an experiential workshop in natural headache relief and prevention. July 15-Aug. 5. 6:30-9:30 p.m. $110. Call (510) 559-9308 to pre-register and for location.*

BACK CARE WORKSHOP

This non-diagnostic class teaches how to prevent injury through a mini-lecture on anatomy and specific strengthening and stretching exercises. Taught by UCSF physical therapists. Free to UCSF and SFMG Health Net members. Information: 476-1115.*

30 Tuesday

NEW EMPLOYEE BENEFITS ORIENTATION: S 214. 8:30-10:30 a.m. Call Leonard Florendo at 476-1073 to schedule.

FULL MOON SEA KAYAKING

Sign up for a special evening of full moon sea kayaking on the Bay. First time paddlers are welcome. Sponsored by Outdoors Unlimited. $35/45/50 (boat included). Information: 476-2078.*

31 Wednesday

BROWN BAG LECTURE SERIES: *Memory Mechanisms.* Robert Malenka, professor of psychiatry and physiology, will discuss the biology of learning and its effect on memory. Sponsored by Public Service Programs. N 225. 12:10-1 p.m. Information: 476-4394.*

2 Friday

INSTITUTE OF HEALING ARTS AND SCIENCES: *Menopause and Diet.* Sonia Ghaemi, registered dietitian, will discuss the benefits of the Eastern-Mediterranean and Asian diet and lifestyle as the natural replacement therapy. N 721. Noon-1 p.m. Information: 330-5353.*

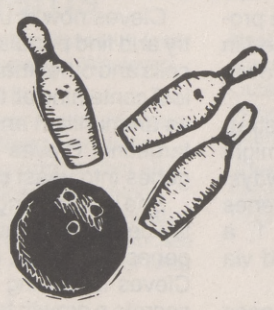
GREAT EXPECTATIONS FOR WOMEN'S HEALTH : *Childbirth Preparation: Birth Alternatives.* This class series is designed to address the needs and interests of women who wish to have an intimate, fully involved birth experience. Aug. 2,9,16 and 23. 6:30-8:30 p.m. $115 per series. 35% discount for women having a baby at UCSF. Information: 476-6667. Call in advance to register.*

3 Saturday

UCSF CHILD CARE CENTER YARD SALE

The Child Care Center is looking for office and home furniture, old computers, printers, clothing or anything else. To donate, call 476-1616.*

GO BOWLING ON UCSF NIGHT



(See story in Fun Zone on page 6.)

5 Monday

CANCER REGISTRY TRAINING PROGRAM: Program offers short intensive overview of registry operations, central registries and other cancer patient data programas. Sponsored by Epid. & Biostat. Information: 476-2337.*

HOSPITAL NEW EMPLOYEE ORIENTATION: LPPI Aud. 8:30 a.m.-1 p.m. Department personnel representatives call John Frank at 476-3001 to schedule.

BETTER VISION NOW. John Stanley, ophthalmology, will explain new surgery options for the correction of nearsightedness and astigmatism — from laser surgery to corneal implants. Beckman Vision Center, 8 Kirkham. 6 p.m. Information: 476-5021.*

6 Tuesday

WOMEN'S RESOURCE CENTER WORKSHOP: *Loosen Up!* Janine Orr, exercise physiologist, explains why home and office stretching is so valuable and how to do it the right way. Toland Hall. Noon-1 p.m. Information: 476-5222.*

7 Wednesday

BROWN BAG LECTURE SERIES: *Stress and Its Effect on the Immune System.* Leonard S. Zegans, psychiatry, defines stress and explains the physiological mechanisms which link the brain and immune system and the future possibilities for research. Sponsored by Public Service Programs. N 225. 12:10-1 p.m. Information: 476-4394.*

8 Thursday

MILLBERRY RECREATION ACTORAMA. A new group from Millberry Union's acting class debuts on campus. (See item in Fun Zone on page 6.)

9 Friday

INSTITUTE OF HEALING ARTS AND SCIENCES: *Milk: Healthy Food or Toxic Potion?* Raymond Francis shows that dairy may be hazardous to your health. N 721. Noon-1 p.m. Information: 330-5353.*

***Open to the public**

10 Saturday

GOSPEL CHOIR JOINS SF CHORAL SOCIETY

Members of the Gospel Choir at UCSF join the SF Choral Society in their annual concert to perform "Songs of the Slave" by Kirke Mechem. Also on the program is Beethoven's "Missa Solemnis." The SF Choral Society is one of the resident choirs at UCSF and is under the direction of Robert Geary. Davies Symphony Hall. 8 p.m. Tickets: $16 to $30 and can be purchased through BASS. Information: 476-6761.*

12 Monday

PROSTATE CANCER

Early Detection and Treatment of Prostate Cancer. Stuart Rosenberg, Urology, UCSF/ Mount Zion, explains the diagnosis and treatments of prostate cancer. Sponsored by UCSF Health Net. A 455. 10-11:30 a.m. Information: 476-0373.*

13 Tuesday

NEW EMPLOYEE BENEFITS ORIENTATION: S 214. 8:30-10:30 a.m. Call Leonard Florendo at 476-1073 to schedule.

TAY-SACHS SCREENING: For pregnant couples. Sponsored by the Reproductive Genetics Clinic. Part of the California Tay-Sachs Disease Prevention Program. 350 Parnassus, Suite 810. Opens at 9 a.m. Call 476-4080 for appointment and information.*

WOMEN'S RESOURCE CENTER WORKSHOP: *Are You Running Your Mouse or is Your Mouse Running You?* (See item in Upcoming Events on page 5.)

14 Wednesday

BROWN BAG LECTURE SERIES: *Menopause: Health Issues for the Prime Time.* Valerie L. Baker, ob-gyn, explains the risks and benefits of hormone replacement therapy, examines the facts and explores the alternatives. Sponsored by Public Service Programs. N 225. 12:10-1 p.m. Information: 476-4394.*

15 Thursday

MISSION CENTER BROWN BAG LECTURE SERIES: *The Headache Hour.* Grace Ford, Pain Clinical Research Center, discusses the new developments on the common causes and treatments of headaches. Sponsored by Public Service Programs. Room 125, MCB. Noon-1 p.m. Information: 476-4394.*

16 Friday

INSTITUTE OF HEALING ARTS AND SCIENCES: *Creating Health.* Meir Schneider tells of his own odyssey from blindness to full functional vision and teaches exercises that relieve neck and shoulder pain. N 721. Noon-1 p.m. Information: 330-5353.*

ONSTAGE

(See item in Fun Zone on page 6.)

INSTITUTE OF HEALING ARTS & SCIENCES WORKSHOP: Effie Chow teaches basic Qigong principles and demonstrate Qigong healing.

- Aug. 16: Introduction & Demonstration. $20. N 517. 7-9:30 p.m.
- Aug. 17: Basic Skills I. $135. N 517. 9 a.m.-5 p.m.
- Aug. 18: Basic Skills II. $135. N 517. 9 a.m.-5 p.m.

Attend both Saturday and Sunday workshop for $225. Information: 788-2227.*

17 Saturday

WOMEN'S RESOURCE CENTER WORKSHOP: *Everyone Is A Poet.* (See item in Upcoming Events on page 5.)

19 Monday

BETTER VISION NOW. Douglas Holsclaw, ophthalmology, explains new surgery options for the correction of nearsightedness and astigmatism — from laser surgery to corneal implants. Beckman Vision Center, 8 Kirkham. 6 p.m. Information: 476-5021.*

GREAT EXPECTATIONS FOR WOMEN'S HEALTH: *Caring for a New Baby, in Sickness and in Health.* Caroline Yong, UCSF and CPMG. Free. A 326. 6:30-7:30 p.m. Information and registration: 476-6667.*

20 Tuesday

MOUNT ZION BROWN BAG LECTURE SERIES: *Creating Great Chemistry.* Patricia Haddock, Patricia Haddock Communications, will explain how to establish rapport, understand and influence others, eliminate misunderstandings, improve relationships and increase productivity. Sponsored by Public Service Programs. Herbst Hall, UCSF/Mount Zion. Noon-1 p.m. Information: 476-4394.

WELCOME TO OUTDOORS UNLIMITED PRESENTATION: Learn about the campus' group for outdoor adventuring. Millberry Conf. Center. 7 p.m. Information: 476-2078.*

21 Wednesday

BROWN BAG LECTURE SERIES: *Current Controversies In Temporomandibular Disorders (TMJ).* Charles McNeill, restorative dentistry, discusses the current controversies of the causes and treatment of TMJ. Sponsored by Public Service Programs. N 225. 12:10-1 p.m. Information: 476-4394.*

GREAT EXPECTATIONS FOR WOMEN'S HEALTH FILM SERIES: *Birth Alternatives: Adapting Home Birth Methods to Hospital Birth.* A video presentation and discussion about labor support, comfort measures and non-pharmacologic pain management. A 326. 7-8 p.m. Information: 476-6667.*

22 Thursday

RAPE PREVENTION EDUCATION PROGRAM PRESENTATION: *Sexual Coercion and War.* (See item in Upcoming Events on page 5.)

HAMILTON LECTURE

Agriculture and The Internist. Susanna Von Essen, medicine, U Nebraska Medical Center. Alice Hamilton Lecture sponsored by Dept. Med. N 225. Noon-1 p.m.*

UCSF OFFICE OLYMPIC RELAY

The top six teams with the best times will compete in the finals in Saunders Court. Prizes and medals awarded to the top three teams. If you would like to participate or would like to put together a five-six person team at your site, please contact EMPACT! Noon-1 p.m. Information: 476-2675.

23 Friday

VIOLENCE AND DRUG USE — TREATMENT & RESEARCH DEVELOPMENTS COLLOQUIUM: (See item in Upcoming Events on page 5.)

INSTITUTE OF HEALING ARTS AND SCIENCES PRESENTATION: *Internal Organ Massage.* Cindy Cosgrove presents Chi Nei Tsang directly on the abdominal organs and on the region of the navel (Dantian), which is the natural source of healing and where toxins are processed from all parts of our bodies and reduces stress and emotional traumas. N 721. Noon-1 p.m. Information: 330-5353.*

July 27-August 23, 1996

REGULAR MEETINGS & ONGOING SUPPORT

SUNDAYS

HEALING GARDEN WORKING DAYS: Second & fourth Sun. of month. UCSF/Mount Zion Cancer Center Healing Garden, 2356 Sutter. Call 885-3693.*

MONDAYS

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.*

HEALTH PROFESSIONALS IN RECOVERY: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets twice a month. Noon. Call 476-8279.

UCSF STAFF COUNCIL MEETING: Second Mon. of month. Noon-2 p.m. Call 476-5756.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Rm 521, MCB. Noon. Call 626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Second and fourth Mon. of month. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30 p.m. Call 885-3693.*

MELANOMA SUPPORT GROUPS: For patients & family members. Meets monthly on a Monday. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30-8:30 p.m.*

AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAYS

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/SFGH. Meets monthly. Call 476-5222.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: First Tues. of the month. MU 111W. Noon-1 p.m. Call 566-8406.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly at MCB. Noon. Call 476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

NURSES' PAIN ASSOCIATION MEETING. Second Tues. of month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of month. Call 284-0208 for location.*

WEDNESDAYS

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Second Wed. of month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues attend. Call 282-9650.

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: For those interested in psychiatric disorders & treatments. Call Laura Deering-Mayclin at 476-7394.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Second Wed. of month. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call 476-7117.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

TAI CHI CLASSES. Staff welcome. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Noon. 885-3693.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 621-1326.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

TRAUMA/INJURY SUPPORT GROUP: Twice a month on Wed. SFGH Library, Bldg.30, Room 3101. 2:30-4 p.m. Call Laurie Barkin at 206-8402 or Dr. Yigal Ben-Haim at 753-1000.

BREAST CANCER SUPPORT GROUP: J 223, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m. Call 885-3693.*

SAN FRANCISCO CITY CHORUS REHEARSAL: 7 p.m. Call 765-SONG for locations and audition information.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: 12-step program for people who have dysfunctional relationships. LPPI A119. 8-9:30 p.m. Call 432-3529.*

THURSDAYS

AWAKE MEETING: AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Third Thurs. of month. Bring CPAP equipment for check-up. Call 885-7886.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at Parnassus. Noon. Call 476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thurs. of each month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 1-2 p.m. Call 885-7623.*

PARNASSUS PLAYERS: UCSF's theater group meets on Tues., Aug. 6. Call 476-6761 or 476-9012 (day) or 821-5701 (evening) for location.*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Meets every other month, alternating between UCSF & Stanford. 5:45-7:30 p.m. Call 476-0683.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thurs. 6-8 p.m. Call 775-2854 to pre-register.*

FRIDAYS

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Second & third Fri. of month. Noon-1 p.m. Call 502-5666.

WEIGHT WATCHERS MEETING: S 159. Noon-12:45. Call 476-5193.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: First Fri. of month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call 986-2305.*

For information on 12-step and support groups call the Bay Area Self-Help Center at 882-6235 or the Mental Health Association of San Francisco at 882-6230.*

THE NEXT DEADLINE

Tuesday, Aug. 13, 1996 is the deadline for items to be listed in the next calendar, which covers **Aug. 24-Sept. 13, 1996** (four weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Send information for calendar items to Michele Firpo at (michele_firpo@quickmail.ucsf.edu), mail it to Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3257. To submit an article for Newsbreak/Medsounds e-mail Lisa Cisneros at (lisa_cisneros@quickmail.ucsf.edu), fax her at 476-3541 or call 476-3256.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip code) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

Listed below are dates when the van will be at UCSF locations. Call 476-2193 for a full schedule.

- Fri., Aug. 2: UCSF/Parnassus at Medical Center Way.
- Fri., Aug. 23 UCSF/Daly City, 333 Gellert.
- Mon.-Thurs., Aug. 26-29: UCSF/Laurel Heights, 3333 California.

Upcoming Events

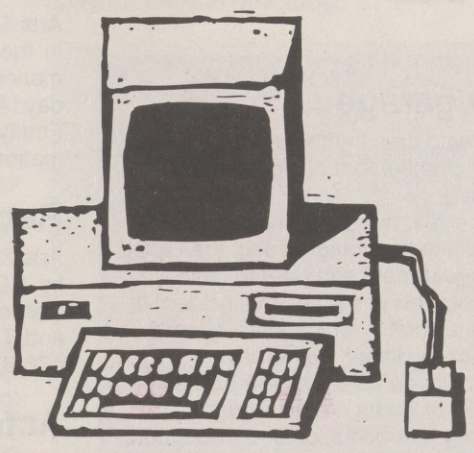
Mount Zion offers parent workshops

An informational meeting about new Parent/Youth Communication Workshops to teach "Practical Skills for Trying Times," will be held Tuesday, July 30, from 5:30 to 7:30 p.m., at 2330 Post St., Suite 320.

The workshops will be held beginning Aug. 6 and will be offered Tuesdays from 5:30 to 7:30 p.m. until October 1 at the Mount Zion Pediatrics & Teen Services, 2330 Post St., Suite 320. Some of the issues to be discussed include resolving conflicts, attaining success at school, understanding teamwork, having fun as a family, understanding drug addiction and keeping youth safe and finding community resources.

The workshops are sponsored by Corinne Communications, UCSF/Mount Zion Pediatric & Teen Services and Mount Zion Health Systems. For more information about the workshops, call Lauren Britt at 885-7742.

Learn to prevent workplace injuries

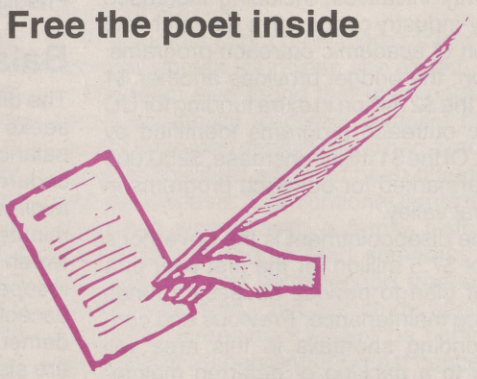


The UCSF Women's Resource Center will offer a free lecture and discussion about how to prevent injuries on the job on Tuesday, Aug. 6, from noon to 1 p.m. in Toland Hall.

Janine Orr, exercise physiologist from the San Francisco Spine and Sports Injury Center, will conduct the workshop teaching participants how to loosen up, relieve stress and decrease the chance of injury through stretching. She will explain why stretching at home and in the office is so valuable in reducing muscle and ligament tears. Participants should dress comfortably.

And at noon on Tuesday, Aug. 13, Debra Bonnefin, a chiropractor who has been in private practice for 15 years, will give people tips on how to arrange their computer workstation to fit their body to reduce discomfort and injuries such as carpal tunnel syndrome and neck, back and shoulder pain. Founder of the San Francisco Spine and Sports Injury Center, Bonnefin will give this free lecture in Toland Hall. For more information on either event, call 476-5222.

Free the poet inside



Sally Love Saunders, "A Johnny Appleseed Poet," will give a workshop on Saturday, Aug. 17, from 10 a.m. to 1:30 p.m., on how to get in touch with the poet inside. This workshop will be a fun and non-threatening way to gain new and refreshing insights into everyday experiences. Participants will play easy game-like activities to access their inner spark. According to Saunders, with keen observation, anyone can paint vivid pictures with words, revealing life's joys and heartbreaks. UCSF Women's Resource Center offers this workshop for $5 in Room S 182. For more information, call 476-5222.

Lecture about violence in former Yugoslavia

The UCSF Rape Prevention Education Program invites the campus community to learn about women's experience of violence in the ongoing war in the former Yugoslavia at a presentation Thursday, Aug. 22, from noon to 1 p.m., in N 217.

Croatian scholar Maria Olujic will provide a lecture, video and discussion about how rape has been used as a weapon of war.

Former Deputy Minister of Science and Technology for the Republic of Croatia, Olujic is currently a visiting assistant professor in the Department of Anthropology at UC Berkeley. She will show excerpts from the forthcoming documentary, "Calling the Ghosts: A Story About Rape, War and Women." For more information, call 476-5222.

Violence, drug seminar

The San Francisco Treatment Research Center invites colleagues in drug abuse treatment and research to a colloquium on "Violence and Drug Use: Treatment and Research Developments," on Friday, Aug. 23, from 8 a.m. to noon, at the Laurel Heights Conference Center.

The primary aims of this conference is to provide information about new developments in violence and substance abuse, and to inform clinicians, investigators and policy makers about the ways in which substance abuse is intertwined with violence.

For more information, call Cathy Jacob, conference coordinator, at 206-3971.

UCSF-Fresno offers primary care forum

The UCSF-Fresno Medical Education Program is sponsoring a two-day conference designed for family and general practice physicians, internists, and all other medical personnel who may assist in primary care.

The event will be held Friday and Saturday, Aug. 30 and 31 at the DoubleTree Hotel in Monterey. For registrations made after July 23 or on-site, the cost to attend is $150 for physicians and $125 for all others.

Haile Debas, dean of the UCSF School of Medicine, will speak at the conference on the future of medical education. In addition, sessions will cover the clinical course and treatment of children with HIV and current approaches for treating asthma in children and adolescents, common pediatric and adult skin rashes, osteoporosis, peptic ulcers, and lipid disorders.

This conference meets the criteria for seven credit hours in category 1 of the Physician's Recognition Award of the American Medical Association and the certificate program of the California Medical Association.

More information is available from the UCSF-Fresno Office of Postgraduate Education at (209) 225-6100, Ext. 5557.

Get advice on stroke prevention Sept. 7

The UCSF/Mount Zion Center on Aging and the UCSF Stroke Service present the popular program, "Stroke and Stroke Prevention," a half-day workshop on Saturday, Sept. 7 in the Medical Sciences building on Parnassus.

The workshop, from 8:30 a.m. to 12:30 p.m., is free but participants must register as seating is limited.

Following a lecture about stroke, attendees will have a chance to consult individually or in small groups with stroke physicians and to meet with UCSF nutritionists to discuss dietary issues. Blood pressure and heart rhythm screenings will be offered and explained by the nursing staff. For more information or to register for the workshop, call 750-5342.

Crime Alert

Violent crime drops at UCSF, systemwide in 1995

Violent crimes at UCSF decreased by 57 percent last year compared to 1994 and dipped down 29 percent to a 12-year low on all UC campuses in 1995, according to an annual report by the UC Police Department.

The total number of violent crimes — homicides, rapes, robberies and aggravated assaults — dropped from 174 incidents in 1994 to 123 systemwide in 1995. No homicides were reported last year at any UC campus.

The nine campuses reported drops in all violent crimes, except rape and attempted rape. Reported rapes increased systemwide from nine in 1994 to 13 in 1995. Although UCSF had no actual rapes reported, there was one attempted rape on the Parnassus campus reported last year. UCLA had a total of seven rapes, including three on campus; UC Davis reported three rapes on campus; UC Berkeley had two reported rapes off campus and UC Irvine had one reported rape at its medical center.

The rate of violent crime on UC campuses last year was 43 incidents per 100,000 people compared to the state's rate of 992 per 100,000 people in 1994. California's violent crime rate was not available for 1995. UCSF had a violent crime rate of 19 incidents per 100,000 people in 1995. Two incidents of aggravated assault were reported and the number of police officers assaulted increased from two in 1994 to eight in 1995.

A number of factors can influence campus crime counts, including population diversity and density, the size of the locale, economic conditions and political climate. At UCSF, the UC Board of Regents meetings at Laurel Heights last year have required an extraordinary effort on the part of police officers who arrested some demonstrators for disturbing the peace and trespassing.

Most categories of property crimes — burglary, theft, auto theft and arson — decreased systemwide except for bicycle thefts. The number of bike thefts at UCSF increased from six in 1994 to 30 reports last year. Burglary at UCSF also increased to 27 incidents in 1995. The number of reported auto thefts at UCSF jumped up from nine reports to 16 in 1995. UCSF police arrested 15 adults and five juveniles, but none were affiliated with this University.

Campus crime is counted through the Federal Bureau of Investigation's Uniform Crime Reporting program, the same one used by law enforcement agencies across the nation.

UC Santa Barbara Police Chief John L. MacPherson, coordinator of universitywide police services, said the decrease in crime is a result of efforts by all campus departments to increase awareness and work with their communities.

UCSF Police Chief Ron Nelson warned that in spite of recent decreases in crime, UCSF as an urban campus, while considerably safer than other parts of the City, is "certainly not immune from either encroaching crime problems or, of equal significance, the fear of criminal victimization that affects all citizens of a major city.

"If any number of any type of crime is taking place, there is then the honest expectation that there will be a significant effort to abolish it," Nelson said. "The community observation — that having one victim of any crime is too much — is real."

Man grabs employee at Millberry garage

UCSF Police are seeking information regarding a male suspect who reportedly attacked a UCSF employee at the Millberry Union parking garage on Sunday, July 14.

The suspect is described as a black male, medium to dark complexion, black hair, clean-cut looking, in his late 20s, about 170 pounds and about 5 feet 10 inches tall. He was wearing dark colored jeans, a gray T-shirt and black shoes.

At about 8:15 a.m., the employee was unlocking her car on the D level of the garage when she felt an object hit her back. As she turned around, a male suspect grabbed her arm and pushed his body against hers, forcing her against the car. An approaching car startled the suspect who then immediately ran in a westerly direction out of sight toward the elevators.

Anyone with more information regarding this incident should contact the UCSF Police Department and refer to case No. 96-07-064. This is the second incident of a sexual assault in which the suspect's description is similar, police say.

For employee safety, UCSF police are reachable 24 hours a day through emergency intercoms located throughout the parking structure and in all elevators. These intercoms are mounted on yellow painted support poles in the Millberry Union public and ACC employee parking garages.

Budget *(from page 1)*

students who wish to attend. The budget provides funds to cover inflation in ongoing costs and to meet enrollment growth of about 1,500 full-time students.

"This budget is good news for the University of California," said UC President Richard C. Atkinson. "The governor and the legislature have demonstrated a wholehearted commitment to higher education and the need to safeguard UC quality and access. This budget clearly recognizes the important role UC plays in a healthy California economy."

Funding equivalent to a 2 percent cost-of-living increase is provided for all employees effective Oct. 1 and additional funding equivalent to 3 percent parity adjustment is provided for faculty effective July 1. Part of a three-year plan to restore salaries to competitive levels, this raise will bring faculty salaries within 5.5 percent of the average of comparison institutions. The budget also includes funds for merit increases for eligible employees.

Under the budget, mandatory student fees for California residents will remain at $3,799 next fall. This amount does not include miscellaneous fees which vary by campus, nor does it reflect increases in out-of-state tuition or increased fees for entering students in selected professional graduate programs.

Regents approved in February tuition increases for entering graduate students in selected professional schools for 1996-97 as part of an ongoing effort to bring UC fees in line with those charged at comparable institutions. Students already enrolled in these programs at UCSF and other UC campuses are not subject to these fee hikes, however. This fall entering medical students will pay $9,043 at UCSF compared to $16,216 at University of Michigan and $24,375 at Stanford University, according to a UCOP Feb. 7 report.

UC Regents approved last week a $2 increase in student union fees at UCSF to bring the total fee to $37 per quarter. The fee increase will be used to offset inflationary costs and to continue the current quality and level of programs and services.

UC students will benefit from a $20 million increase in overall funding for the Cal Grant program. UC students can expect to receive about $3 million of this increase. In 1995-96, 39 UCSF students received Cal Grants or state graduate fellowships totaling $118,964, according to Nancy Kull of Student Financial Services.

The state also provided funding for several high priority initiatives, including increased university-industry cooperative research and expansion of academic outreach programs. In addition, the budget provides another $1 million to the $2 million in extra funding for UC academic outreach programs identified by Atkinson. Of the $1 million increase, $250,000 will be earmarked for outreach programs in the Central Valley.

The one disappointment is the governor's vetoing of $7.5 million for the first year of a multi-year plan to provide necessary funds for building maintenance. Previous and continuing funding shortfalls in this area will contibute to a backlog of deferred maintenance projects that now totals $480 million systemwide. At UCSF, that backlog of projects includes replacement of window systems in the UC Hall building, the Medical Sciences building and the Clinical Sciences building; replacement of roofs on various campus buildings and upgrades and repairs to campus mechanical systems, steam lines and elevator systems.

The state budget also provides UC with $152 million in voter-approved general obligation bonds to fund seismic, infrastructure, life-safety and renovation projects.

Apply for Searle scholars program

UCSF has been invited to submit two nominations for the 1996 Searle Scholars Program which offers awards of $60,000 for three years to support research by junior faculty during the early years of their careers.

Applicants must be junior in-residence or ladder faculty who began their first appointment as a ladder rank or in residence assistant professors on or after July 1, 1995; are pursuing independent research careers in biochemistry, cell biology, genetics, immunology, neuroscience, pharmacology and related areas in chemistry, medicine and the biological sciences.

The campus application deadline is Thursday, Aug. 22.

Applicants are asked to submit five copies of the application; provide three copies of not more than five publications related to the proposed research; and three letters of reference from individuals acquainted with the applicants research achievement and potential, preferably from outside UCSF. These letters should be mailed by Friday, Sept. 27, 1996 to Administrator, Searle Scholars Program, 400 Skokie Blvd., Suite 300, Northbrook, Illinois 60062.

UCSF Academic Services will contact applicants if they have been selected as a campus nominee. Questions concerning the campus process may be directed to UCSF Academic Services at 476-5742 or 476-1881.

Fun Zone

See kids ONSTAGE

Arts & Performances presents original plays in the third annual ONSTAGE free performances featuring 9- to 11-year olds on Friday, Aug. 16, and 12- to 14-year-olds on Friday, Aug. 30 at 1 p.m. in Toland Hall. Information: 476-6761.

Recruiting art for show

Arts & Performances is looking for art works by UCSF faculty, students and staff to be featured in an exhibition slated for Monday and Tuesday, Oct. 14 and 15. Information: 476-6761.

Actorama debuts

Actorama, a new group from Millberry Union's acting class, presents "The Maids", a play by Jean Genet, which runs from Thursday, Aug. 26 to Sunday, Sept. 15. at 8 p.m. in Toland Hall. Information: 648-7736.

UCSF night of bowling

EMPACT! hosts UCSF Night at Japantown Bowl on Saturday, Aug. 3, from 6:30 to 9:30 p.m. Cost is $6 per person. Information: 476-2675.

Wanted: directors

UC faculty are invited to apply for directorship positions in the UC Education Abroad Program (EAP). Through EAP, UC graduate and undergraduate students study at nearly 100 partner universities abroad. Directors administer the UC Study Centers abroad, maintain relations with UC partner universities, provide academic and general counseling for UC students, and implement UC academic policy.

Candidates must be tenured members of the Academic Senate, lecturers with security of employment, or emerti faculty. Sites for two-year appointments (academic years 1997-98 and 1998-99) are China, Egypt, France, India, Japan, Russia, Scandinavia, Spain and the United Kingdom. Sites for one-year appointments are Hungary and Japan. Deadline for all these sites is Friday, Oct. 18, 1996. Deadline for two-year appointments in Australia, Costa Rica and Brazil is Friday, Feb. 21, 1997. Call 502-2962 for applications and more information.

Michele Firpo

Staff does the samba

Twenty-two colorfully-costumed employees from SFGH and UCSF teamed up with sponsorship by GTE Mobilnet to samba in the 1996 Carnaval parade in the Mission District.

Get wet at Waterworld

The UCSF Medical Center and EMPACT! sponsor a family picnic at Waterworld USA in Concord on Saturday, Sept. 28, from 11 a.m. to 5 p.m. See Medsounds story on page 8 for more information about this event.

WaterworldUSA

Medical Call Board

Alzheimer's disease

UCSF Alzheimer's treatment study needs subjects who have been diagnosed with the disease, are in good health, are less than 60 years old. Study is a six month double-blind trial of the naturally occurring hormone DHEA. Subjects have three visits to UCSF. Call Mirit Friedland at 476-5858 for more information.

Balance, posture

The division of Orthopedic Surgery at SFGH seeks subjects for a study on perception of balance and posture. The experimental procedure involves a reaching task which poses minimal risk and requires about 20 to 30 minutes to complete. Subjects should be between the ages of 41 and 90, able to walk independently (occasional use of a cane is acceptable) and have no history of severe dementia or Alzheimer's disease. Individuals are also required to have good vision with or without glasses or contact lenses. Interested individuals should contact Barbara Jordan at 206-6865.

Alcoholism

The Gallo Clinic and Research Center in the department of Neurology is seeking volunteers for its research on alcoholism. Families in which one or more members is an alcoholic are needed. Three hour study session includes an interview, personality questionnaire and blood test. Cash reimbursement will be provided. Researchers will travel to interview family members in their homes. At least two members must be willing to participate in the study. Contact 648-7111, ext. 359 if interested.

Breath, exercise

The UCSF department of Physiological Nursing is seeking volunteers to participate in a study on the effect of exercise on shortness of breath. The study will examine the value of different exercise programs for reducing breathlessness and improving endurance during physical activity. Participants must be over the age of 40, have chronic lung disease, and experience shortness of breath with daily activities. Chronic bronchitis, emphysema, and irreversible asthma are conditions that can affect a patient's tolerance for exercise.

Participants will be required to make regular visits for two months to UCSF for initial screening, education, and supervised exercise treatments, followed by a 10-month home walking program. Individuals must be able to commit to the year-long program. Free physical exams, breathing tests, exercise testing, and education will be provided. Volunteers will be compensated $100 at the completion of the study. Interested participants should call 476-5375 for more information.

Medsounds Continued

Michele Firpo

Patients fly for free on Southwest

Kate Matthay, center, and Natalie Clifton, 15, give Southwest Airlines representative Jolyn Warford a UCSF pin as a "thank you" gift for the 25 round-trip tickets the airline donated to UCSF's pediatric cancer unit. The airline gave the tickets in celebration of its 25th anniversary. Matthay, director, Division of Pediatric Oncology, says the tickets will be used to fly patients and their family members to and from their treatments at UCSF.

Merger *(from page 1)*

If the Regents accept the findings of the third-party review, a proposal for formation and capitalization of the new entity will be considered. Given the many tasks remaining, it is reasonable that the Regents' final vote on the transaction could occur as early as January 1997.

Meanwhile, Chancellor Martin, Dean Haile T. Debas and Director Bill Kerr, issued a letter to the campus community spelling out additional conditions that UCSF will require that the new corporation provide for UCSF employees who are offered and accept employment with the new entity. The new entity will offer employment to 95 percent of the UCSF workforce directly affected by the establishment of the new entity. It is yet unknown how many non-Medical Center employees will be impacted by the merger.

The new entity will offer a base wage/salary at least equal to what employees earned when employed by UCSF and will continue the initial base wage/salary for at least two years of employment with the new entity.

UCSF employees' length of service will be used for those terms and conditions of employment where the new entity uses length of service. As far as the retirement issue, UCSF continues to explore possible solutions as it works with union representatives in an effort to ensure that such solutions can apply to the employees they exclusively represent.

"... we believe [the merger] will create more job opportunities than would be possible if the institutions remain separate."

— Bill Kerr, director of the Medical Center

Director Kerr acknowledges that there are still many unanswered questions employees may have about the impact of the merger. "It is important for employees to know that the new entity will still be susceptible to the volatile marketplace and therefore, we cannot offer any guarantee of long-term employment beyond what we are able to offer to UCSF employees now," Kerr says. "And while the creation of the new corporation gives no absolute assurance of success, based on the business analysis, we believe it will create more job opportunities than would be possible if the institutions remain separate."

Governing board

In the 17-member board of directors to oversee the proposed corporation, UC would have six members — three Regents, including the UC president; the UCSF chancellor; and the dean and one faculty member of the UCSF School of Medicine. Stanford University would have six members — three Stanford trustees; the Stanford president; and the dean and a faculty member of the Stanford School of Medicine. The new board also would include the chief executive officer, the chief medical officer and three outside directors.

Composition of the board is designed to ensure a balanced membership between the two universities, one that meets various legal requirements and one that has leadership that understands the business aspects of health care and the unique needs of academic medical centers for the daily operation of the new entity.

The Regents and Stanford trustees would have certain reserved powers contained in the Corporation's Code of the State of California, including the authority to approve the principal terms of the proposed merger and any sale, lease, transfer or exchange of corporate assets.

In addition, the corporation bylaws would give UC and Stanford the power to:

- Approve corporate borrowing.
- Dissolve the corporation if it incurs losses beyond a certain level or fails to support the academic mission to a predetermined level.
- Dissolve the corporation if it is determined by a court of final jurisdiction to be subject to statutes applicable to public agencies or bodies.

The proposed board would make periodic reports on its finances and programs to the Regents and the Stanford trustees to provide accountability. The new board will not be subject to the Public Records Act and open meeting requirements.

Discussion had centered on whether the new corporation would retain the "public" character of UC or be more "private" in nature. Some advocates of the private entity, including Stanford president Gerhard Casper, insisted that the flexibility of a private organization is fundamental to success in the current marketplace. Regent William Bagley, who as a legislator co-authored the state's key sunshine laws, agreed, saying the statutes need not apply to hospitals struggling for survival in a competitive marketplace. Others including Regent Gray Davis, California's lieutenant governor, are not convinced the institution has to be private to be successful. His proposal to require UC to maintain 50 percent control of the merged hospitals was defeated by the Regents with a 13-5 vote.

UCOP contributed to this report.

Cancer victims express creative spirit

By GAIL GORDON

Ernest Rosenbaum, a clinical professor of medicine at UCSF/Mount Zion Cancer Center, wanted to give women coping with breast cancer a way to express their creative spirit. And so the idea for the first breast cancer quilt came about.

Cindy Perlis, director of the UCSF/Mount Zion Art for Recovery Program, who helped conceive the project, decided the best approach would be to work not only with women at the medical center, but also with breast cancer support groups throughout the Bay Area. "I told the women that this was an opportunity for them to not be victims," Perlis explains, "and that they could express what it looks and feels like to be living with breast cancer. They could express their fear, their hopes and their anger."

There would be no censorship, she explained to them: anything they created on their 12 by 12-inch square of cloth would be incorporated into the quilt.

Three quilts, made by 75 women (and the help of a professional quilter), have now been completed over the past year, and a fourth is underway. They will be displayed at Marin General Hospital Cancer Center from Tuesday, Aug. 20 through Friday, Sept. 27, at the Komen Foundation's Race for the Cure in Golden Gate Park on Sunday, Oct. 20, and will also make an appearance at a breast cancer summit sponsored by the San Francisco Mayor's office in November.

After their tour, the quilts will remain in the Art for Recovery collection. "I am the holder of these stories and I feel a huge responsibility to share them with the community," Perlis said. "Everyone knows someone who has been touched by breast cancer. Perhaps these quilts will teach compassion, empathy and awareness."

At first, the women were apprehensive and uncertain of their artistic abilities, but Perlis says she was "blown away" by what she saw. One woman sewed her breast form to a piece of black satin and attached a skull. Another painted her hand on a piece of fabric, sent it across the country to her sister who also had breast cancer, and her sister painted her hand on top.

Perlis also asked participants to write a paragraph, poem, or statement about their experience creating the square, which would be compiled into a booklet. In a follow-up survey completed by half of the women who contributed squares to the quilt, 44 percent said they had developed a more positive view of themselves and others who have or had breast cancer; 44 percent felt more in control; 55 percent said they were able to voice their emotions or were more assertive; and more than 75 percent said that they were more aware of their emotional well-being and able to experience the positive in their lives.

For more information about the project, call Perlis at 885-7221.

Breast cancer survivor Kay Newhouse, 55, designed this square for the second quilt to be displayed around town.

Mammography *(from page 8)*

sive Health Center and assistant professor of medicine and epidemiology and biostatistics at UCSF.

Why tumors might grow more rapidly in younger women is unclear, she added.

The team also found that mammography had a low ability to detect invasive breast cancer in women under 50 who had a mother, sister or daughter who had been diagnosed with the disease. "Conventional thinking has been that women with a family history of breast cancer should start screening at a younger age and be screened frequently," Kerlikowske said, "but our study suggests that early screening may not be beneficial since about 30 percent of breast cancers in women with a family history do not show up on mammography."

They found that mammography detected about 93 percent of the cancers in women over 50 with invasive breast cancer, with the greatest ability to find the cancers in women whose breasts were relatively fatty rather than dense with glandular tissue. In contrast, they found in women 40-49 who underwent mammography screening that the mammogram detected the tumor in only about 75 percent of those who had invasive breast cancer regardless of whether their breasts were fatty or dense.

Sex *(from page 1)*

have consistently demonstrated that information regarding contraception, as well as its availability, does not encourage the initiation of sexual activity or increased sexual activity.

"Our society places a great pressure on adolescents to be sexually active, yet we give them very nominal family life education and typically that education is not only inadequate, but is given far too late," says Brindis, who adds that many teens don't know for example when they are at greatest risk of getting pregnant or who believe they can't get pregnant standing up.

The study was commissioned by The California Wellness Foundation which is using the encouraging results to highlight a 10-year, $60 million initiative to make contraceptives more widely available in California.

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UCSF

Medsounds

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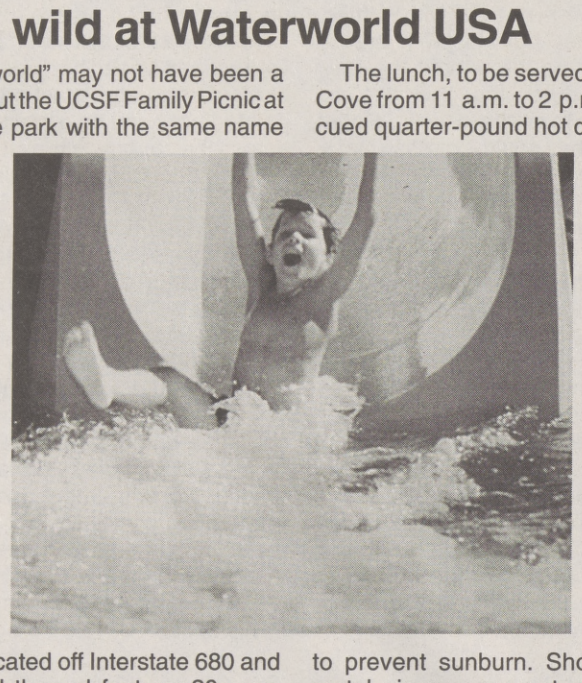
Page 3 . . . Roundup of UCSF research reported at 11th international AIDS conference

Page 6 . . . Violent crime plummets at UC, police report

Get wet, wild at Waterworld USA

The film "Waterworld" may not have been a blockbuster hit, but the UCSF Family Picnic at Concord's theme park with the same name promises to offer many exciting ways to get wet and wild.



Sponsored by the Medical Center and EMPACT!, the day at Waterworld USA is open to UCSF faculty, students and staff and their family and friends who will have exclusive use of the park on Saturday, Sept. 28, from 11 a.m. to 5 p.m. Located off Interstate 680 and Willow Pass Road, the park features 20 acres of attractions, such as waterslides galore, the East Bay's only wavepool, a toddler pool and a huge multi-level activity area.

Tickets are $10 per person — half the regular park admission price — and includes a barbecue lunch, bingo games, live entertainment provided by Arts & Performances, beach volleyball and more. Children aged 3 and under are admitted free. Parking is $2 per car.

Medical Center employees may want to take advantage of an opportunity to take their best shots at Bruce Schroffel, director of operations, and Jane Hirsch, director of nursing, who have agreed to subject themselves to a dunk tank.

The lunch, to be served in the park's Luau Cove from 11 a.m. to 2 p.m., will offer barbecued quarter-pound hot dogs, ranch beans, potato salad, green salad and soft drinks. Coolers, other food, alcohol or beverages may not be brought into the park, although exceptions are made for infants and those with special medical needs. As Concord can get pretty hot in September, families are advised to bring sunscreen, hats and T-shirts to prevent sunburn. Shorts with exposed metal zippers are not allowed on slides. Some attractions require a minimum or maximum weight and height and children under 8 must be accompanied by a responsible adult at all times.

Tickets are available at all EMPACT! ticket locations including the management office, Room 120, at Mission Center; the cashier's offices at SFGH and Mount Zion, the management office, Suite 20, sub-level 1, at Laurel Heights; and the Millberry Central Desk at Parnassus. For more information on the event, call EMPACT! at 476-2675. For more information about the park, call (510)609-WAVE or visit its Web site at (http://www.waterpark.com).

Michele Firpo

Volunteers hand out hundreds of hugs

Student volunteer Wanda Zhio, right, offers a plant to patient Alison Robert and her grandson Dwayne during Volunteer Services' "Holiday Hugs" giveaway for Independence Day. The program, which is funded by the UCSF Hospitals Auxiliary and the Mount Zion Hospital Auxiliary, provides gifts for patients on all major national and religious holidays. On July 3, ten students handed out more than a thousand gifts of plants, cookies and candy to patients at the oupatient clinics and inpatient wards on Parnassus and UCSF/Mount Zion.

Mammography works best for older women

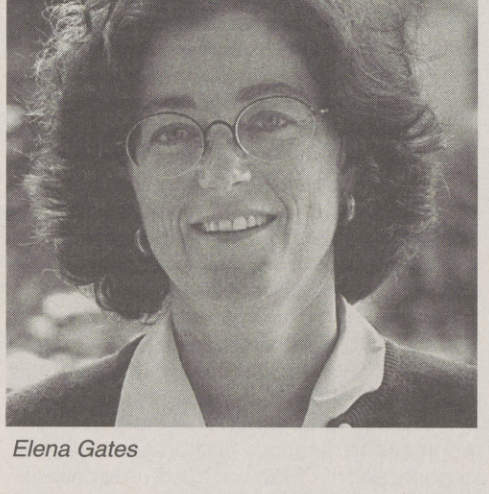
Veterans Affairs and UCSF researchers have found in a study of more than 28,000 women that routine mammography detects most breast cancers in women over 50 but is less likely to find breast tumors in younger women regardless of the density of their breast tissue.

Based on their findings, the researchers recommend mammography every one or two years for women over 50 and that younger women who request screening mammography should be screened every year, although even yearly screening is less sensitive in younger than in older women.

Many physicians believe that mammography may have difficulty finding cancers in young women because they have dense breast tissue that might hide small tumors. "But our data suggest that the primary reason mammography has a lower ability to detect invasive cancer in younger women is probably because their breast tumors grow more rapidly and can go from being undetectably small to large between screening exams," said study leader Karla Kerlikowske, associate director of the San Francisco VA Medical Center's Women Veterans Comprehen-

(See **MAMMOGRAPHY** *on page 7)*

Gates is Mount Zion's new chief of ob/gyn



Elena Gates

Elena Gates, UCSF associate clinical professor of obstetrics, gynecology and reproductive sciences, has been named new chief of obstetrics and gynecology at UCSF/Mount Zion Medical Center.

Gates is involved on a national level in the area of medical ethics and reproductive health. From 1990 to 1993, she served as chair of the ethics committee of the American College of Obstetricians and Gynecologists.

More recently, Gates has participated in activities related to the ethical, legal and social implications of the Human Genome Project and is a member of the board of directors of the American Society of Law, Medicine and Ethics.

Gates sees her work as "expanding health care for women at UCSF/Mount Zion." The Women's Health Practice at UCSF/Mount Zion will include services in obstetrics, general gynecology, incontinence, menopause, gynecologic surgery, and infertility.

She succeeds Eugene Washington, who now serves as chair of the UCSF Department of Obstetrics, Gynecology and Reproductive Sciences.

"Dr. Gates' unique expertise, equanimity, and commitment to excellence make her a highly respected colleague at UCSF and nationally," says Washington. "I am excited and confident about the leadership she will provide at UCSF/Mount Zion in guiding our department and further developing education and clinical programs."

Gates hopes to develop a closer working relationship with other UCSF/Mount Zion departments like internal medicine, pediatrics, and surgery. She notes that UCSF faculty practices in pediatrics and surgery are centrally located in the same building as the women's health practice.

Before coming to UCSF in 1988, Gates was an assistant professor of gynecology and obstetrics at John Hopkins School of Medicine. She completed her residency in ob/gyn and a fellowship in medical ethics with a special emphasis on reproductive bioethics at UCSF. Gates has published numerous papers on a variety of topics related to the ethical issues of women's health care.

She graduated from the UC San Diego School of Medicine in 1981. She received a bachelor of arts degree, cum laude with distinction in psychology, from Yale University in 1975.

Michele Firpo

Dzuber, right, with a cancer patient in an exercise class

Mount Zion offers free exercise classes for cancer patients

The Cancer Resource Center at UCSF/Mount Zion offers weekly exercise classes for cancer patients and survivors.

The classes provide an opportunity to improve stamina, muscle strength, endurance and circulation and to promote relaxation of the body and mind.

Taught by exercise physiologist Kathleen Dzuber, the free class is open to anyone in the community. Sessions are held each Tuesday from 12:30 to 1:30 p.m. at the Cardiac Fitness Center at UCSF/Mount Zion Medical Center. Class members are required to complete a questionnaire and consent form in advance at the Cancer Resource Center. Call 885-3693 for information.

The UCSF/Mount Zion Cancer Resource Center offers a number of support services, all of which are free. Other programs include dance therapy, tai chi, art for recovery, gardening and the "Look Good, Feel Better" program for people receiving chemotherapy.

Support groups are available for people with colo-rectal cancer, head and neck cancers, and melanoma. Although not meeting in July, the breast cancer support group will resume in August.

The Cancer Resource Center is located in the UCSF/Mount Zion Cancer Center building at 2356 Sutter St., on the second floor, room J-223. Also housed in the resource center are a library and other materials for cancer patients. The staff is available to assist in finding information or answering questions.